|  |  |
| --- | --- |
| (132) | physical well-being scale |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  | Strongly Disagree | Disagree | Undecided | Agree | Strongly Agree |
|  | In general, I am healthy. | 1 | 2 | 3 | 4 | 5 |
|  | I feel fit and well. | 1 | 2 | 3 | 4 | 5 |
|  | I am physically active (e.g. running, climbing, biking). | 1 | 2 | 3 | 4 | 5 |
|  | I am able to run well. | 1 | 2 | 3 | 4 | 5 |
|  | I feel full of energy. | 1 | 2 | 3 | 4 | 5 |